



HERITAGE

Director's Note

Hello!

For many of you, this is the first time you have heard from me. I began working at the senior center on July 1, and I have loved every day since. I recently



worked as Assistant Director at the Belmont Council on Aging, and before that I ran senior volunteer programs in Dedham and upstate New York. I've been a volunteer at Community Teamwork for 6 years, and I appreciate the important role of volunteers in keeping any community center open and active. Thanks to all the staff, volunteers, Friends,

Board, and senior center members who have greeted me warmly in the past month!

After a period of staff transition, you might be wondering how the senior center will be impacted. I hope you notice a continued commitment to being a friendly, welcoming place and to answering every question as best as we can. We have a survey out to collect and incorporate your suggestions for future programs. If you haven't completed a survey yet, please pick one up at the front desk throughout the summer. Thanks for sharing your time with us -- I look forward to meeting you in person soon.

Warmly,
Lil Hartman



Old
Orchard
Beach
Trip
Photos!

Inside

- 2 Contacts
- 3 Trips
- 6 Doctors, Nurses & More!
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CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe

City Council**Mayor**

William J. Samaras

Vice Mayor

Vesna Nuon

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

Head Clerk

Carmen Felix

978-674-1596

CFelix@lowellma.gov

Head Clerk

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax:

978-446-7270

**SENIOR CENTER
SERVICES****Main Number:****978-674-1172**

Fax: 978-970-4134

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**Hours of Operation:**

Monday—Friday:

**Open 6:30 AM—4:00 PM****Continental Breakfast 7:00-9:00  
am****Lunch served at 11:30 AM*****CLOSED******On weekends  
for the month of August***

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Executive Director: Lillian Hartman

lhartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ tdonnelly@lowellma.gov

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Civic Events: Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

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**Outreach Caseworker:** Amy Medina Leal

978-674-1167 ~ aleal@lowellma.gov

For those who prefer reading The Heritage  
Newsletter online, please do the following:Enter: [www.lowellma.gov](http://www.lowellma.gov)

Click on: Departments

Click on: Senior Center

**COUNCIL ON AGING  
BOARD OF DIRECTORS**

Andrew Hostetler, Chair

Joyce E. Dastou

Mary Donnelly

Eric Lamarche

John R. Lawlor

Vincenzo Milinazzo

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Next meeting:**Monday, September 9th****at 9:00am - Public Welcome****Senior Abuse
Hotline Number**To report suspected elder
abuse, call: 1-800-922-2275**DTA Hotline
(SNAP/Food Stamps)**Direct line for seniors:
1-833-712-8027**Are you having a problem
with your in-home
caregiver?**

1-800-243-4636

Press #5 to speak to an
Elder Services Ombudsman.**Legal Services
Assistance & Referrals**For an appointment
call: 1-800-342-5297

LCOA bus trips ~ ages 60+ ONLY ... Motor-coach bus trips ~ ages 18+

All trips must be paid in full one month prior to travel date.

The office is open from 6:30am-2:30pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or CLannan@lowellma.gov.

Seats Available for the trips below:

Newport Playhouse

Tues., September 17 ... Bingo ... Surf & Turf



(By Allan Stratton)
Director: Rick Bagley

David, a young English professor, has his goals of stability and tenure thrown into chaos by an alcoholic colleague, her hysterical husband — his boss — a romantic poetry student, and an insurance salesman with a wife addicted to bingo. Matters become hilariously complicated in this fast moving comedy.

Tues., October 15 ... Boeing, Boeing ... Lobster



(By Camoletti, Cross & Evans)
Director: Daniel Lee White

The play centers on bachelor Bernard, who has a flat in Paris and three attractive flight attendants all engaged to him without knowing about each other. But Bernard's life gets bumpy when his friend Robert comes to stay, and a new, speedier Boeing jet disrupts his careful planning. Soon all three flight attendants are in the city simultaneously and timid Robert forgets which lies to tell to whom, and catastrophe looms.

**TW N
RIVER**
CASINO HOTEL

Stay Tuned for details about the next trip!

You **MUST** have your LICENSE or PICTURE ID with you for the Casino entrance.

Best of Times Travel Proudly Presents

ELTON JOHN Live in Concert **BILLY JOEL**

FACE TO FACE

Thurs. 10/17/19 The Ultimate Tribute Show \$79

Johnny Mathis

Christmas

The Ultimate Tribute
Starring David Robbins

Tuesday, December 3rd
Danvers Yacht Club \$79

Exercise Room

Open Monday-Friday
6:30—4:00 pm



Required:
* Doctor's note
* Sneakers

\$1 Roundtrip Rides for Grocery Shopping

Call 978-674-1172 between 9:00 a.m. and 3:00 p.m. Mondays-Fridays to schedule your ride. You must be 60 or older.



FREE Daily Bus Ride

The Lowell Senior Center offers free transportation to the Senior center 5 days a week EXCEPT HOLIDAYS. Call 978- 674-1172 before 9:00 a. m. on the day you want to visit! Mondays, Tuesdays, Thursdays & Fridays bus leaves at 1:00 p.m. or Wednesdays at 3:00 p.m. after BINGO.

\$7.00 Day Trips for ages 60+

<u>August</u>	<u>trips</u>	<u>on sale beginning</u>	<u>July 22</u>
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
Thursday	1	Hampton Beach	9:00 am
Monday	5	Old Orchard Beach	8:30 am
Friday	9	Quincy Market	9:00 am
Tuesday	13	Newburyport	9:00 am
Thursday	15	Rockport	9:00 am
Monday	19	Salisbury Beach	9:00 am
Thursday	22	Ogunquit Beach	8:30 am
Thursday	29	York Beach	8:30 am
<u>Sept.</u>	<u>trips</u>	<u>on sale beginning</u>	<u>Aug 27</u>
<u>Day</u>	<u>Date</u>	<u>Destination</u>	<u>Depart</u>
Tuesday	3	Salisbury Beach	9:00 am
Thursday	5	Rockport	9:00 am
Monday	9	IKEA	8:30 am
Tuesday	10	Merrimack Outlets	9:00 am
Thursday	12	Newburyport	9:00 am
Thursday	19	Quincy Market	9:00 am
Monday	23	Wrentham Outlets	9:00 am
Thursday	26	Deerfield Fair	8:30 am

16 seats available!

All \$7.00 trips are payable by check or money orders **ONLY!** NO REFUNDS.

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum of 4 people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.

Acting 101: **All the World's A Stage**

3 sessions (must come all 3) –
Tuesdays, Aug, 6, 13, 27 – 9:30-
11:30 am (no class Aug. 20)

Come and discover your inner actor! Learn about storytelling, character creation and walking in another's shoes. Helps develop imagination, voice, body movement, storytelling, character creation and other performance skills through improv, games and role playing. 3 sessions to practice skills will culminate in delivering a short monologue or scene for the class. Instructor Rachel Fennell has been involved in community theater for 40+ years and have filled virtually every role required to put up a show from production manager to director to actor. Maximum 15 participants, please sign up at the front desk or call 978-674-4131. Cost: \$6 at sign up.

Open Mic / Talent Show **at the Senior Center**

Friday, August 9th at 9:30am. Do you have a talent for music, dance, juggling, stand-up comedy, poetry, or other performance art? We'd love to see it! Come to share your talent at the senior center following the Veterans' Breakfast. This is a non-competitive event, with a friendly audience of your peers. Dressing up is encouraged for a photo panel in next month's newsletter. Limited to 15 acts (one song each). Please register to perform in advance by calling Eric Lamarche at 978-674-1595. Free to perform or attend!



Arts and Crafts **Free Session:** **Painted Flower Pots**

Thursday, Aug. 15
9:30-11:00 a.m.

Enjoy a guided art session and let your imagination lead you. Decorate your own flower pots with paint using your choice of techniques presented. Take time to relax and promote wellbeing by exploring art making. Taught by recent high school graduate Zoe Yin, this will be a fun intergenerational experience.

All materials provided.

Free and limited
to 10 – RSVP
required at
front desk
(978- 674-4131)
by Aug. 8.



Senior Community Yard Sale **at the Senior Center**

Friday, Aug. 23 from 8am – 12pm

Senior center members can sign up to sell your gently used items! Sign up by Friday, Aug. 16 with Carol Lannan to sell your items. Space is limited! Please bring a photo of some of the items you plan to sell when you sign up. No item heavier than 30 pounds, or larger than the size of a dining chair allowed. NO clothing. All items that are not sold must go home with you the same day--the senior center will not accept donations.



JOIN OUR FREE **BRAIN HEALTH WORKSHOP!**



ARE
YOU AGE
50-80?

GET
YOUR
FREE BRAIN
HEALTH
SCORE!

REMEMBER
TO BRING
YOUR
GLASSES

WHERE:
Lowell Senior Center

DATE:
Thursday August 15, 2019

TIME:
12:00pm - 1:00pm
OR 1:30pm - 2:30pm

PLEASE SIGN UP OR CALL STEPH AT 1-888-234-9670 TO RESERVE YOUR SPOT

cogniciti
Your Online Brain Health Check-Up

**BASIC COMPUTER
SKILLS REQUIRED**
Nothing technical - Just be able to click with a mouse and type on a keyboard.

Doctors, Nurses & MORE

Blood Pressure &
Weight Check with
Circle Home, Inc.:
the 2nd Tuesday
from 8:00—10:00 am
& the 3rd Tuesday
from 10:00 am—12:30 pm

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**Albert Gauthier RN:**  
Wednesdays  
from 9:30—11:30 am

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Dr. George Potamitis
from Pro-Rehab:
Question and Answer sessions
Wednesdays from 10-11 am

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**Anxiety Support Group**  
With Steve Coupe  
**Tuesdays: 2-3:45 pm**  
2nd Floor Boardroom

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Reiki
with Jane Breault
SEE or CALL Tara
Nurse's Station
At will offering.

~~~~~  
**Foot Clinic**  
**with Diane Stanley, RN**

3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee

A Total Foot Care appointment  
including: foot  
assessment, toenail  
trimming and filing,  
reduction of nails/  
corns/calluses as  
needed, education to help maintain  
self-care, and a relaxing foot  
massage.  
Call Amy for appointments:  
978-674-1167  
2nd Floor Nurse's Clinic



## **Healthy Aging Highlights**

Information on healthy aging & more from the National Institute on Aging at NIH

Being prepared can make all the difference during a health emergency. Here are some quick tips to help you get your affairs in order ahead of time:

- **Put your important papers and copies of legal documents in one place.** You can set up a file, put everything in a desk or dresser drawer, or list the information and location of papers in a notebook. If your papers are in a bank safe deposit box, keep copies in a file at home. Check each year to see if there's anything new to add.
- **Tell a trusted family member or friend where you put all your important papers.** You don't need to tell this friend or family member about your personal affairs, but someone should know where you keep your papers in case of an emergency. If you don't have a relative or friend you trust, ask a lawyer to help.
- **Discuss your end-of-life preferences with your doctor.** He or she can explain what health decisions you may have to make in the future and what treatment options are available. Talking with your doctor can help ensure your wishes are honored, and the visit may be covered by insurance.
- **Give permission in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get needed information. You can give your okay in advance to Medicare, a credit card company, your bank, or your doctor. You may need to sign and return a form.

It's good to be prepared before there's an emergency. Get information on what documents you need, what an important paper is, and the steps to take to get your affairs in order: <https://www.nia.nih.gov/health/getting-your-affairs-order>

### **Affordable Hearing**

Free Hearing Test with Christopher  
Streeter  
Every 4th Wednesday  
10:00 am  
2nd Floor Board  
Room  
MA Lic. # 198/  
NH Lic. # H547



Meet Councilor Joan Gong



Mondays 8:30  
am

2nd Floor  
Nurse's  
Clinic

First come,  
first served!

## Bone Builders Class

Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends! 2nd Floor Classroom. Call 978-674-1172 to register. Doctor's approval REQUIRED  
See pages 10-11  
for dates & times.

## Country Line Dancing

with Marcella Groulx

Tuesdays (except  
2nd Tuesday  
of every month)  
10am—12:00 pm  
\$5.00



## TAI CHI

Tuesdays 10:15– 11:15  
8 weeks for \$24 or walk-ins \$5  
per class in 2nd Floor Classroom

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis! Acupressure Points also taught: for headaches, stress, upset stomach & more!



# Indoor Picnic and Games at the Senior Center

**Tuesday, August 20th at 12 noon**

After a cold plate of chicken salad, potato salad & coleslaw for lunch, enjoy Jumbo Connect4, Corn Hole, and Beach Ball Volleyball in our Great Hall. Nothing says summer like outdoor games with air conditioning!



## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:  
9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early so  
we are out the door in one hour!)*  
Great Hall



## YOGA

with Christine Connolly, RN, BSN, RYT  
500-hour Kripalu Yoga Teacher, Reiki II Practitioner

Wednesdays

2nd Floor Classroom

10-11 am ~ All Welcome

11:15– 12:15 pm ~ Veterans Only

\$5.00 per class

Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!



**COFFEE SOCIAL**

Fridays, 8:00-9:30 am at the Lowell Senior Center Board Room., 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

**Veteran's and Widows**

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

Note: The home you live in and one vehicle are not counted as assets. This is an entitlement of benefits based on your, or your spouse's, military service. Call the Veterans Services Officer to arrange an interview to see if you qualify for benefits. The law requires the Veterans' Services Officer take your application and forward it to the Massachusetts Department of Veterans' Services. If you need more information please contact your Veterans' Services Officer, Eric Lamarche 978-674-4066 [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)

**Lowell Veterans ID card**

IDs are available to Lowell Residents who are Veterans. Must have with you on date of appointment: DD214 ... Proof of Lowell residence ... Current Picture ID (either Massachusetts license or state ID). Please call 978-674-1595 for an appointment.

**Bowling & Coffee Social**

Come join the Billerica DAV Auxiliary Unit 47 for bowling and a coffee social at Collins Bowladrome! Located at 325 Boston Road Billerica, MA. All Veteran's are welcome! Started January 10th, 2019. Thursdays from 1:00-3:00pm. Any questions? Call Karen Milliken at 978-987-1328

**WWW.VETTIX.ORG**

Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues and ticket holders to provide free and discounted tickets to the more than 21 million military and veterans. Currently serving military, honorably discharged veterans from all branches of service, and family of those Killed In Action are eligible. VetTixer's accounts are active once we verify service status. Tickets are either distributed directly to military bases or claimed through our website.

Photo at Left: Greater Lowell Veterans' Council 2019 Memorial Day Observation



# LOWELL SUMMER MUSIC SERIES 2019



**To have smoke alarms  
installed in your home for free**

**Call 1-800-746-3511**



SAVE THE DATE

## LOWELL SOUTHEAST ASIAN WATER FESTIVAL 2019

AUGUST 17, 2019  
PAUTUCKETTE BOULEVARD  
LOWELL, MA

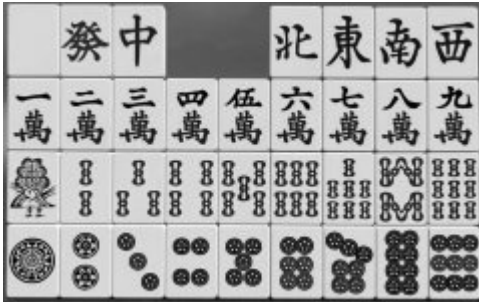


**Mah-Jong**

Mondays

12:00 to 3:00 pm

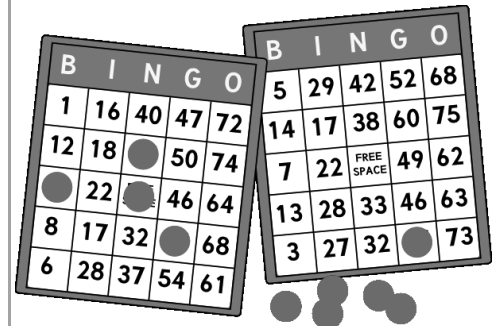
Board Room

**FREE****Computer and  
tablet assistance  
with Pierre and Don****Fridays 9:30 – 11:30**This is **NOT** a teaching  
classroom but a problem  
solving workshop**2nd Floor Computer Lab****B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

50¢ per card

Prize amounts vary due to  
attendance. **PLUS** additional prizes!**Knitting & Crochet  
Group**

Tuesdays 12:00—3:00 pm

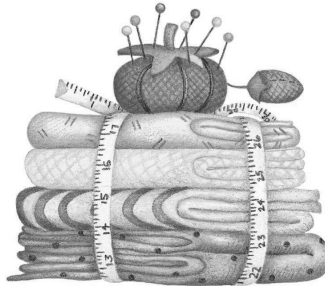
2nd Floor Classroom

**Newcomers  
welcome!****Quilting Group**

Wednesdays

12:30—3 pm

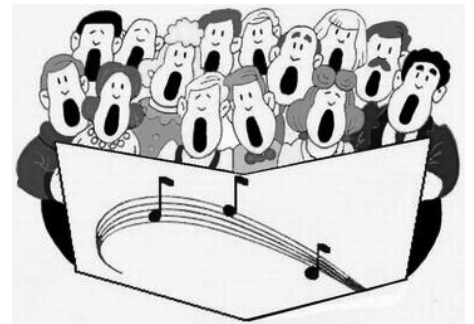
2nd Floor Classroom

Newcomers welcome,  
beginners to advanced!**Lowell Senior  
Center Singers**

Rehearsals:

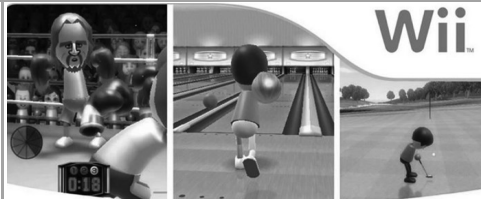
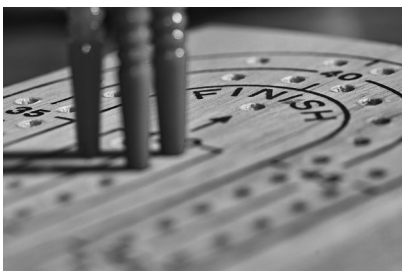
Mondays at 1:00 pm

2nd Floor Classroom

**Cribbage Players  
Needed!**

Tuesdays

12 noon to 3:00 pm

If interested ... see Tara  
Cardroom**Wii™****Wii Bowling****Tuesdays & Fridays****1:00 - 2:00 pm****2nd Floor Board Room****Cards!**

Thursdays

12 noon to 3:45

45's

Fridays

11:30 to 3:45

Poker



| Sunday                                                                                                                                                                                  | Monday                                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                       |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                       |
| <p>4.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p>  | <p>5.<br/>7-9 Breakfast Program 50¢<br/>8:30 Trip: Old Orchard Beach<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>12-4 MAH-JONG<br/>12—MOVIE!<br/>1-1:30 Choral Group Rehearsal<br/>1:30 CTI Bone Builders B</p> | <p>6.<br/>7-9 Breakfast Program 50¢<br/><b>9:30 Acting 101: Starts All the World's a Stage!</b><br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group</p>             | <p>7.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/><b>9:00 Farmer's Market Coupons (see pg. 13 for more info)</b><br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> |
| <p>11.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> | <p>12.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>NO COA BOARD MTG<br/>9:00 Getting Fit<br/>12-4 MAH-JONG<br/>1-1:30 Choral Group Rehearsal<br/>1:30 CTI Bone Builders B</p>                          | <p>13..<br/>7-9 Breakfast Program 50¢<br/>8:00 CTI meeting (NO Line Dance)<br/>8-10 Circle Health Nurse<br/>9:00 Trip: Newburyport<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group</p>         | <p>14.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                                                   |
| <p>18.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> | <p>19.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Trip: Salisbury Beach<br/>9:00 Getting Fit<br/>12-4 MAH-JONG<br/>12—MOVIE!<br/>1-1:30 Choral Group Rehearsal<br/>1:30 CTI Bone Builders B</p>  | <p>20.<br/>7-9 Breakfast Program 50¢<br/>10-12:30 Circle Health Nurse<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/><b>12:00 Indoor Games (pg. 5)</b><br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group</p> | <p>21.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                                                   |
| <p>25.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends. We hope to be open with regular operations soon. We apologize for the inconvenience.</p> | <p>26.<br/>7-9 Breakfast Program 50¢<br/>8:30-10:30 SHINE councilor<br/>8:30 CTI Bone Builders A<br/>9:00 Getting Fit<br/>12-4 MAH-JONG<br/>1-1:30 Choral Group Rehearsal<br/>1:30 CTI Bone Builders B</p>                                               | <p>27.<br/>7-9 Breakfast Program 50¢<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group<br/>12-3-Brown Bag Day</p>                  | <p>28.<br/>7-9 Breakfast Program 50¢<br/>8:30 Getting Fit<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10:00 Affordable Hearing<br/>10-11 Yoga for Seniors<br/>11:15-12 Yoga for Vets<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                      |

| Thursday                                                                                                                                                                                                                                                                          | Friday                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1.<br/>7-9 Breakfast Program 50¢<br/>9:00 Trip: Hampton Beach<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p>                                                                                                          | <p>2.<br/>7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social<br/>9:30 Computer/Tablet Assistance<br/>10:00 Free Produce Program<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                                                | <p>3.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends.<br/>We hope to be open with regular operations soon.<br/>We apologize for the inconvenience.</p>  |
| <p>8.<br/>7-9 Breakfast Program 50¢<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p>                                                                                                                                       | <p>9.<br/>7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social<br/>9:00 Trip: Quincy Market<br/>9:00 Veteran's Breakfast<br/><b>9:30 Open Mic/Talent Show</b><br/>9:30 Computer/Tablet Assistance<br/>10:00 Free Produce Program<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p> | <p>10.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends.<br/>We hope to be open with regular operations soon.<br/>We apologize for the inconvenience.</p> |
| <p>15.<br/>7-9 Breakfast Program 50¢<br/>9:00 Trip: Rockport<br/>9:00 Getting Fit<br/><b>9:30 Free Arts &amp; Crafts:<br/>Painted Flower Pot</b><br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/><b>12 &amp; 1:30 Brain Health (pg. 5)</b><br/>1:30 CTI Bone Builders B</p> | <p>16.<br/>7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social<br/>9:30 Computer/Tablet Assistance<br/>10:00 Free Produce Program<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                                               | <p>17.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends.<br/>We hope to be open with regular operations soon.<br/>We apologize for the inconvenience.</p> |
| <p>22.<br/>7-9 Breakfast Program 50¢<br/>8:30 Trip: Ogunquit Beach<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p>                                                                                                        | <p>23.<br/>7-9 Breakfast Program 50¢<br/><b>8-12 Senior Yard Sale (pg. 5)</b><br/>8-9:30 Veterans Coffee Social<br/>9:30 Computer/Tablet Assistance<br/>10:00 Free Produce Program<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                      | <p>24.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends.<br/>We hope to be open with regular operations soon.<br/>We apologize for the inconvenience.</p> |
| <p>29.<br/>7-9 Breakfast Program 50¢<br/>8:30 Trip: York Beach<br/>9:00 Getting Fit<br/>10:00 AA Info meeting<br/>12-3:45 Cards: 45's<br/>1:30 CTI Bone Builders B</p>                                                                                                            | <p>30.<br/>7-9 Breakfast Program 50¢<br/>8-9:30 Veterans Coffee Social<br/>NO Friends Meeting<br/>9:30 Computer/Tablet Assistance<br/>10:00 Free Produce Program<br/>11:30 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00</p>                                                                        | <p>31.<br/>Due to unforeseen circumstances, the center will be closed temporarily on weekends.<br/>We hope to be open with regular operations soon.<br/>We apologize for the inconvenience.</p> |

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### First Lowell Rehab Apartments

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail [Lowell@wingatecompanies.com](mailto:Lowell@wingatecompanies.com)



# ATTENTION LUNCH PARTICIPANT'S ... VERY IMPORTANT!

PLEASE MAKE SURE YOU SWIPE IN FOR LUNCH EACH DAY!

If you are planning on enjoying lunch, but have no key tag—Please see Tara for a swipe tag. If you have a key tag but forgot it, please see Tara to add your name to the lunch list. Even if you forgot to swipe-in before lunch, please do so afterwards so we have an accurate count. The Senior Center receives funding from agencies and we must provide accurate counts of participants.

*THANK YOU FOR YOUR COOPERATION AND UNDERSTANDING.*



## Lunch Menu



A donation of \$2.50 is requested for **lunch that is served beginning at 11:30 am, 11:15 am on Wednesdays.** Tickets are available daily until 10:30 am. Seniors that arrive after 10:30 am may pay cash and will follow ticket holders. **Please be on site no later than 11:30 am, if you want to have lunch.** Funding for our meal program is made possible by EOE, Merrimack Valley Nutrition, & City of Lowell. **Menu subject to change!**

|     |                                                                |                                                                    |                                                                       |                                                                             |                                                                     |     |
|-----|----------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------|-----|
|     |                                                                |                                                                    |                                                                       | 1 Chicken Ala King, Rice, Carrots, Wheat Roll Oranges                       | 2. Florentine Fish, Mashed Potatoes, Spinach, Wheat Bread, Peaches, | 3.  |
| 4.  | 5. Stuffed Cabbage, Corn, Wheat Bread, Pineapples              | 6. Hotdogs & Beans, Hotdog Rolls, Coleslaw, Wheat Bread, Apples    | 7. Chicken Dippers, Rice, Green Beans, Wheat Bread, Peaches           | 8. Mac & Cheese, Broccoli, Stewed Tomatoes, Wheat Rolls, Pears              | 9. Fish Cakes, Rice, Broccoli, Wheat Bread, Pudding                 | 10. |
| 11. | 12. Chicken Fritters, Rice, Carrots, Wheat Bread, Pudding      | 13. Stuffed Shells, Mixed Vegetables, Wheat Rolls, Peaches         | 14. Salisbury Steak, Mashed Potatoes, Peas, Wheat Bread, Pineapples   | 15. Chicken Fajitas, Rice, Green Beans, Wheat Rolls, Oranges                | 16. Lemon Pepper Fish, Mashed Potatoes, Wax Beans, Wheat Rolls,     | 17. |
| 18. | 19. Stuffed Peppers, corn, Wheat Bread, Peaches                | 20. Chicken Salad, Potato Salad, Coleslaw, Wheat Bread, Pineapples | 21. Chicken Breast Filet, Rice, Mix Vegetables, Wheat Bread, Pudding, | 22. Veal Patties, Mashed Potatoes, Mix Vegetables, Wheat Rolls, Fruit Salad | 23. Fish Sticks, Mashed Potatoes, Peas, Wheat Bread, Pears          | 24. |
| 25. | 26. Chicken Corden Blue, Mashed Potatoes, Wheat Bread, Pudding | 27. Vegetable Lasagna, Mixed Vegetables, Wheat Bread, Pears,       | 28. BBQ Ribs, Mashed Potatoes, Peas, Wheat Bread, Mixed Fruit         | 29. Chicken Cacciatore, Rice, Green Beans, Wheat Rolls, Peaches             | 30. Tuna Salad, Potato Salad, 3 Bean Salad, Wheat Rolls, Apples     | 31  |

Due to unforeseen circumstances, the center will be closed temporarily on weekends.

We hope to be open with regular operations soon.

We apologize for the inconvenience.

## **LOWELL FARMERS' MARKET 2019**

Fridays, 12 noon—5:00 pm  
Now – October 25<sup>TH</sup>  
LUCY LARCOM PARK

*Spend your SNAP dollars on farm-fresh fruits and vegetables at our Farmers' Market and have the amount of your purchase instantly added back to your EBT card!*



## **SENIOR FARMER'S MARKET COUPON DISTRIBUTION**

**Wednesday, Aug. 7 at 9am**

Bring a photo ID with your address, AND a bill with your name and address on it. Residents of the following towns **ONLY**:

|               |               |
|---------------|---------------|
| Amesbury      | Andover       |
| Boxford       | Chelmsford    |
| Dunstable     | Georgetown    |
| Groveland     | <b>Lowell</b> |
| Merrimac      | Newbury       |
| North Andover | Rowley        |
| Salisbury     | Tewksbury     |
| Tyngsboro     | West Newbury  |

You must certify you are 60+ years old and meet income guidelines based on household size:

\$1,860/month or less (1 resident)  
\$2,504/month or less (2 residents)  
\$3,149/month or less (3 residents)  
\$3,793/month or less (4 residents)



Visit our Mill City Grows Mobile Market in Lowell for locally grown fruits and vegetables, including our fresh, dark leafy greens!

Lowell Community Health Center, 161 Jackson Street  
Tuesdays from 11am to 2pm

Eagle Park, 92 Jewett Street (NEW!)  
Saturdays from 1pm to 2:30pm

The Farm Market at Mill No. 5, 250 Jackson Street,  
4th floor  
Sundays from 11am to 3pm

Call 978-455-2620 or visit [MillCityGrows.org](http://MillCityGrows.org) for our FULL Mobile Market schedule.

Support for this program was provided in part by funds from the following organizations:



The Greater Boston  
**FOOD  
BANK**  
**BROWN  
BAG**

**A distribution of pre-bagged groceries.**

**DATES:**

August 27  
September 24

**Time:**

12 noon  
to 3:00 pm

**Please bring reuseable grocery bags, baskets, or a cart to carry your food.**

*In partnership with*

**Elder Services of the Merrimack Valley, Inc.**



## Old TV Shows 2

Find and circle all of the old TV shows that are hidden in the grid.  
The remaining letters spell the name of an additional old TV show.

```

R M S M D O S I L V E R S P O O N S
E I A N Y T S E R C N O C L A F T E
Z S L B N Y N I G H T C O U R T N C
I T L O A P B S T R A H W E N O O V
L E A N S R E N O S I R P Y Z A I F
A R D A T T N I T H R Y O T C R A F
U E F N Y F S A N J N E H H G M S L
Q D L Z A U O P B N H G E I E O F I
E M O A D L N G A Y I O N H U R O N
L U W Y F L S N R L J I O T C E J T
K N R E R H R I I E A O E K V D E S
C S I L Y O E W Y N T R N I E I F T
I T A L R U T O Y S L S F E H R F O
R E T A R S N R I I A I B S S T E N
E R T V E E U G M T I T I E N H R E
V S E G B G H I E A C F N I W G S S
A W R I Y R T A W H E E H A W I O F
M A A B A S M A C G Y V E R F N N L
C T B U M O H W R O T C O D S K S A
  
```

A-TEAM  
ALF  
AIRWOLF  
BARETTA  
BARNABY JONES  
BENSON  
BIG VALLEY  
BONANZA  
CHEERS  
COACH  
DALLAS

DOCTOR WHO  
DYNASTY  
EQUALIZER  
FALCON CREST  
FAME  
FANTASY ISLAND  
FISH  
FLINTSTONES  
FULL HOUSE  
GROWING PAINS  
HAWAII FIVE-O

HEE HAW  
HUNTER  
JEFFERSONS  
KNIGHT RIDER  
MACGYVER  
MAVERICK  
MAYBERRY R.F.D.  
MISTER ED  
MUNSTERS  
NANNY

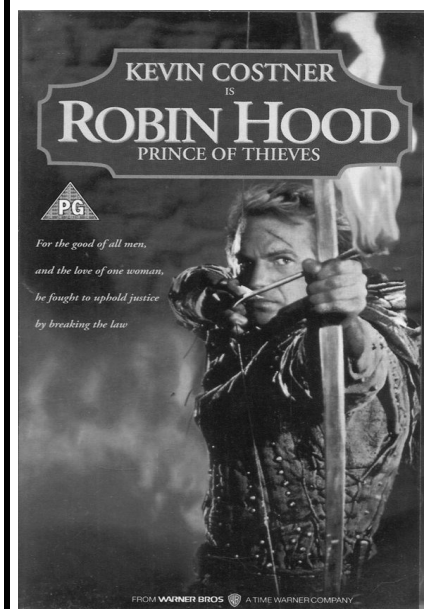
NEWHART  
NIGHT COURT  
OUTER LIMITS  
PRISONER  
S.W.A.T.  
SILVER SPOONS  
T.J. HOOKER  
TWILIGHT ZONE  
VIRGINIAN  
WEBSTER

## Movies!

Popcorn will be served  
In the Card Room

Monday, August 5th  
12:00 noon  
Robin Hood:  
Prince of Thieves

Monday, August 19th  
12:00 noon  
Thu Ugly Truth





## Welcome Friends

### BOARD OF DIRECTORS

#### **PRESIDENT**

Dr. Joseph M. Downes

#### **VICE PRESIDENT**

Rita M. Mercier

#### **SECRETARY**

Claire Brodeur

#### **TREASURER**

Jacqueline Denison

#### **DIRECTORS**

Joseph Dussault  
Lenny Gendron  
Beverly Gonsalves  
Doris Santos  
Arthur Toupin

~~~~~  
Office: 978-674-1175
~~~~~



**Friday,  
September 27th**

**9:30 am**

**Public Welcome**

## Friends of the Lowell Council on Aging

### **Become a Member of the Friends of the Council on Aging Group:**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes including ... Kitchen Equipment ... Pool Sticks ... New felt for the Billiards tables ... Social Events.

Annual Fee is \$5 Per Person and membership includes voting rights

Meetings are held on the last Friday of the month at 9:30 a.m.  
in the Board Room on the second floor of the Senior Center located at:  
Lowell Senior Center, 276 Broadway Street, Lowell, MA 01854.

No meetings are scheduled in July and August.  
Donations are accepted and happily welcomed.

At the last meeting of the Friends the board voted to pay three unpaid invoices before they became delinquent. They are Lowell Janitorial Supply \$636.46, Merrimack Valley Food Bank \$105.12 and Two Chefs are better than One \$981.95. We also voted to add another \$500 to the petty cash fund. There is now a binder in the director's office where the receipts are recorded when money is used from this fund.

We all received an amended copy of the Friends bylaws which reflects last month's vote to change the election day from Thursday to Wednesday. Although the Friends will not have another meeting until Friday, September 27, we are available to help the Center and new director with requests of funds for the Center. Brendan Flynn and Kerran Vigroux are looking into replacing the coffee urn and cleaning the rugs. They are also checking into a more efficient and economical way to have meals served.

Once again we had quite a few people at the meeting. We are happy that you are interested in how we assist the center and grateful for any ideas you may contribute.

Memberships are still accepted. It is only \$5 for the year. Anyone having the Heritage mailed and comes to the center regularly can help us by picking up the newsletter here. You will even receive it faster since it takes a few days for the mail to deliver it.

All members will be receiving calendars in the mail for the September Calendar raffle. More can always be purchased at the center for your friends and family. Thirty chances to win. There will be a drawing every day in the month of September 2017.



Coming in September:  
"Horn of Plenty"  
30 chances to win  
\$5.00 per calendar

## **Fall-Proofing Your Home**

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. There are many changes you can make to your home that will help you avoid falls and ensure your safety.

### **In Stairways, Hallways, and Pathways**

- Have handrails on both sides of the stairs, and make sure they are tightly fastened. Hold the handrails when you use the stairs, going up or down. If you must carry something while you're on the stairs, hold it in one hand and use the handrail with the other. Don't let what you're carrying block your view of the steps.
- Make sure there is good lighting with light switches at the top and bottom of stairs and on each end of a long hall. Remember to use the lights!
- Keep areas where you walk tidy. Don't leave books, papers, clothes, and shoes on the floor or stairs.
- Check that all carpets are fixed firmly to the floor so they won't slip. Put no-slip strips on tile and wooden floors. You can buy these strips at the hardware store.
- Don't use throw rugs or small area rugs.

### **In Bathrooms and Powder Rooms**

- Mount grab bars near toilets and on both the inside and outside of your tub and shower.
- Place non-skid mats, strips, or carpet on all surfaces that may get wet.
- Remember to turn on night lights.

### **In Your Bedroom**

- Put night lights and light switches close to your bed.
- Keep a flashlight by your bed in case the power is out and you need to get up.
- Keep your telephone near your bed.

### **In Other Living Areas**

- Keep electric cords and telephone wires near walls and away from walking paths.
- Secure all carpets and large area rugs firmly to the floor.
- Arrange your furniture (especially low coffee tables) and other objects so they are not in your way when you walk.
- Make sure your sofas and chairs are the right height for you to get in and out of them easily.
- Don't walk on newly washed floors—they are slippery.
- Keep items you use often within easy reach.
- Don't stand on a chair or table to reach something that's too high—use a "reach stick" instead or ask for help. Reach sticks are special grabbing tools that you can buy at many hardware or medical-supply stores. If you use a step stool, make sure it is steady and has a handrail on top. Have someone stand next to you.
- Don't let your cat or dog trip you. Know where your pet is whenever you're standing or walking.
- Keep emergency numbers in large print near each telephone.



If you have fallen, your doctor might suggest that an occupational therapist, physical therapist, or nurse visit your home. These healthcare providers can assess your home's safety and advise you about making changes to prevent falls. If you're concerned about falling, think about getting an emergency response system. If you fall or need emergency help, you push a button on a special necklace or bracelet to alert 911. There is a fee for this service, and it is not usually covered by insurance.

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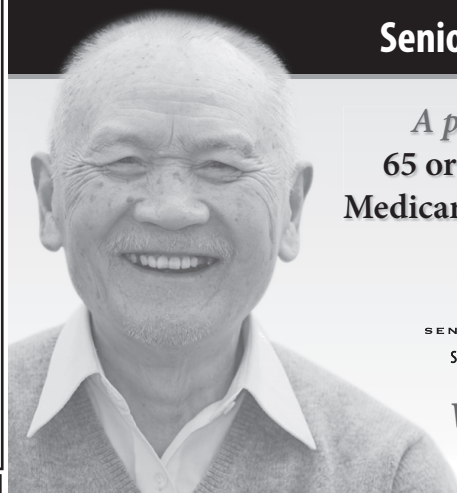
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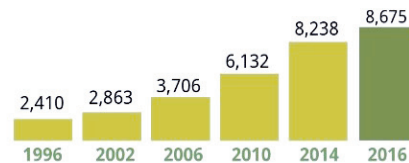


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Farmers Market Coalition

## Why Farmers Markets?



Number of markets in the USDA Farmers Market Directory



### Stimulate Local Economies

Growers selling locally create **13 full time jobs** per \$1 million in revenue earned. Those not selling locally create **3**.



Locally-owned retailers, such as farmers markets, **return more than three times as much of their sales to the local economy** compared to chain competitors.

Chain

local \$

Locally-owned



### Preserve Farmland & Rural Livelihoods



The U.S. loses an acre of farmland a minute to development.

The **7** Seattle farmers markets hosted by the Neighborhood Farmers Market Alliance support **9,491 acres of farmland in diversified production.**

### 25% of vendors

derive their sole source of income from the market.



### Increase Access to Fresh Food

### \$20.2 million

in **SNAP benefits** (food stamps) were spent at farmers markets in 2016. That's fresh food for low-income Americans and increased revenue for local farmers.

**60%** of farmers market shoppers in low-income neighborhoods say that **their market had better prices than the grocery store.**

**Markets bring fresh food to the neighborhoods that need it most.**



### Support Healthy Communities



People who shop at farmers markets have **15-20 social interactions per visit.**



They would have only **1-2 per visit** to the grocery store.



Proximity to farmers markets is associated with lower body mass index.